



Living With Leprosy And Tuberculosis In Old Age

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Abstract

The study examine about the Tuberculosis (TB) and leprosy are two serious diseases and it mostly effect on old age means they will get the peak leavel of danger stage like already they are having another physical issues because of age and Serious illnesses like leprosy and tuberculosis (TB) still plague a large number of elderly individuals.

The majority of senior TB patients relapse because, as their immune systems deteriorate with age, long-suppressed infections in their bodies reactivate. Older persons have a higher chance of dying since their symptoms are frequently ambiguous, making diagnosis challenging. Treatment failure may result from the inability of

many older individuals to complete the lengthy course of TB medications. The elderly are still susceptible to leprosy. It is still prevalent in older age groups, despite a general decline in new occurrences. The more severe (multibacillary) form of leprosy affects many elderly individuals, who also experience various health issues and physical impairments. Additionally, they are more likely to experience side effects, particularly in the initial months of treatment. Both illnesses have comparable effects on older people's day-to-day lives. They result in impairments, physical weakness, and a need for assistance with everyday tasks. Life is made even more difficult by social shame, loneliness, anxiety, and sadness. Leprosy and tuberculosis together diminish quality of life and independence in old age. To help older persons live with dignity, early detection, appropriate treatment, emotional support, and community care are crucial.

Keywords:

leprosy, TB, aging, daily life, and the elderly

Introduction

This study aim to discuss about the Leprosy and tuberculosis (TB) are two chronic infectious diseases that continue to impact individuals all over the world. Despite advancements in their management, they nevertheless provide significant challenges for the elderly. The body's natural defenses deteriorate with age, increasing the risk of new infections or the reactivation of long-suppressed diseases.

Because bacteria that have lain dormant for years can "wake up" as the immune system deteriorates, TB affects a large number of elderly patients. Coughing, fever, weight loss, and exhaustion are possible signs; however, in older adults, the symptoms are frequently less distinct, making identification

challenging. Elderly persons are still at risk for leprosy, even if the overall number of new cases is gradually declining. They have a higher chance of to manifest the severe variant of the illness, which can harm the nerves,

skin, and extremities, resulting in impairment. The effects of

these illnesses extend well beyond health-related issues. Older adults with TB or leprosy frequently face difficulties with everyday tasks like walking, cooking, bathing, or handling medications.

Some individuals might become dependent and require ongoing assistance from relatives or caregivers. Simultaneously, stigma, discrimination, and

social exclusion exacerbate life challenges, resulting in many

patients feeling isolated or despondent. Given these difficulties, it is critical to comprehend how leprosy and tuberculosis impact older adults' day-to-day life. This aids in the development of improved healthcare, social assistance, and awareness initiatives that preserve older individuals' independence, dignity, and quality of life in addition to treating their illnesses. Aging naturally weakens the body's defense system, making elderly people more prone to infections like TB and leprosy. Treating these conditions in older patients is more complicated because they often face drug side effects, multiple health problems, and poor treatment adherence (Negin et al., 2015). In addition to medical challenges, stigma and discrimination related to both diseases create emotional stress, social isolation, and loss of independence in older adults (WHO, 2017). Understanding the impact of TB and leprosy on elderly persons is important not only for improving medical treatment but also for addressing their daily life challenges. Holistic care, which includes medical, psychological, and social support, is essential to improve the quality of life for older patients suffering from these diseases (John et al., 2019).

Objectives

- To understand how tuberculosis and leprosy affect the health of elderly people.
- To study the daily life challenges faced by elderly persons living with these diseases.
- To identify the physical, emotional, and social impacts caused by TB and leprosy in old age.
- To highlight the need for early diagnosis, proper treatment, and continuous care for elderly patients.
- To suggest ways to improve support systems and reduce stigma for elderly people affected by these diseases.

Review of Literature

Tuberculosis in Elderly Persons; Research shows that tuberculosis in older people often comes from old infections that become active again when the immune system weakens with age. The symptoms are usually not clear and may look like normal signs of aging, such as tiredness, cough, or weight loss. Because of this, TB is often diagnosed late in elderly people, which leads to higher chances of death (Rajagopalan, 2001). **Challenges in Treatment of TB among Elderly;** Studies also point out that

treating TB in the elderly is more difficult compared to younger people. Older patients are more likely to experience side effects from TB medicines and may struggle to finish the long course of treatment. This can cause problems such as poor recovery, treatment failure, and the risk of drug resistance (Negin et al., 2015). **Leprosy and Disability in Elderly;** In the case of leprosy, studies from Brazil found that elderly patients are more likely to develop severe forms of the disease. Many of them are already diagnosed with physical disabilities at the time of detection. This greatly affects their mobility, independence, and ability to manage daily tasks on their own (Silva et al., 2018). **Social and Emotional Impact;** Both TB and leprosy bring strong social and emotional challenges. Many elderly patients experience stigma and discrimination in their families and communities. This often leads to isolation, feelings of neglect, and dependence on others. As a result, many older patients suffer from depression, loneliness, and loss of self-worth (WHO, 2017). **Need for Holistic Care;** Reviews suggest that it is not enough to only focus on medical treatment for TB and leprosy in the elderly. It is equally important to provide psychological support, rehabilitation services, and community-based care. Such holistic care can improve both health outcomes and quality of life for elderly patients living with these diseases (John et al., 2019).

Methods

Ethics

This study used retrospective data from elderly patients with tuberculosis (TB) and leprosy. Approval was granted by the relevant ethics committees, and all patient information was anonymized to maintain confidentiality. Since the study was based on medical records and surveillance data, no direct consent from patients was required.

◆ Study Design

The research combined two approaches:

1. **Leprosy** – An observational, retrospective study was conducted using health records and notification data of elderly patients diagnosed with leprosy between 2004 and 2013. Additional information was collected from specialized health centers treating leprosy between 2009 and 2013 to better understand the clinical and epidemiological profile.
2. **Tuberculosis** – A review of elderly TB cases was included, focusing on treatment outcomes, frailty assessment, and adherence challenges. Data came from patient records and existing literature on TB in older adults.

◆ Study Setting and Participants

1. **Leprosy:** Data were collected from the Notification Aggravations Information System (SINAN) and patient records from reference centers in Pará, Brazil. Patients aged 60 years and above were included.
2. **Tuberculosis:** Elderly TB patients (≥ 60 years) treated in hospital and outpatient settings were analyzed with special attention to frail, dependent, and malnourished individuals.

◆ Data Collected

1. **Demographic information:** Age, sex, and general health status.
2. **Clinical data:**

For **Leprosy** clinical form, disability grade, reactions during treatment, and laboratory results.

For **Tuberculosis:** nutritional status, presence of frailty (such as falls, incontinence, or memory problems), tolerance of medications, adherence to treatment, and any paradoxical reactions during therapy.

3. **Treatment information:** Type of drugs used, side effects, adherence to multidrug therapy (for leprosy) and anti-TB treatment.

Analysis;

- Leprosy trends were studied using detection rates across different age groups, with a focus on the elderly.
- TB data were examined with attention to treatment adherence, side effects, and the role of support strategies such as directly observed therapy (DOT).
- Descriptive statistics (percentages, averages) were used to summarize the findings, and comparisons were made between vigorous, frail, and dependent elderly patients.

Body / Subject Matter

Introduction to TB and Leprosy in Elderly; Tuberculosis (TB) and leprosy continue to affect many elderly people around the world, especially in low- and middle-income countries. Both diseases are strongly connected with aging, because the immune system becomes weaker over time, making older adults more vulnerable (Rajagopalan, 2001; Silva et al., 2018). Studies show that TB in elderly persons often comes from reactivation of dormant infections, while leprosy in elderly people often presents with more severe clinical forms and physical disability at the time of diagnosis (Silva et al., 2018). Together, these diseases affect not only the health of older people but also their independence, mobility, and emotional wellbeing.

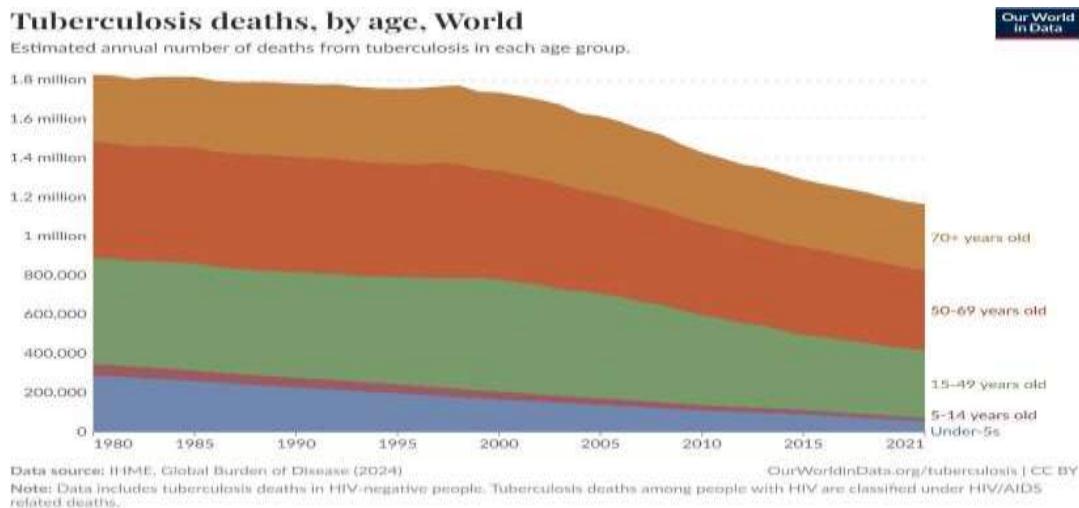
Challenges in Diagnosis and Treatment; One of the biggest challenges with TB and leprosy in elderly persons is the difficulty of timely diagnosis. In TB, symptoms such as fatigue, loss of appetite, or mild cough are often mistaken for normal aging (Negin et al., 2015). In leprosy, deformities or nerve damage may only be detected late, when disabilities have already developed (Silva et al., 2018). Both conditions therefore increase the risk of delayed treatment and worse outcomes. A review by John (2019) also pointed out that treatment adherence is poor among elderly patients because of side effects, co- morbidities, and long treatment duration. These findings agree with the Health Belief Model (HBM), which explains that older people may stop treatment if they do not clearly perceive the seriousness of the disease or the benefit of medication.

Impact on Daily Life and Independence; TB and leprosy together have a strong impact on the daily lives of elderly individuals. Elderly TB patients often become weak and dependent on family members for daily activities, while elderly leprosy patients may experience disability, deformity, or difficulty using their hands and feet. This directly reduces their ability to perform tasks such as cooking, walking, or even personal care. According to the Disability Model by Nagi (1965), both TB and leprosy create *functional limitations* that result in *disability* and loss of independence. Studies from Brazil (Silva et al., 2018) and India (WHO, 2017) confirm that elderly patients with these diseases face higher risks of disability, frailty, and dependency than younger age groups.

Social and Emotional Consequences; Beyond physical illness, both TB and leprosy bring social stigma and emotional pain. Goffman's **Stigma Theory (1963)** explains how people with socially rejected diseases are labeled and excluded. Elderly TB patients may be isolated because of the fear of infection, while elderly leprosy patients with visible deformities often face discrimination, rejection, and even abandonment. This stigma leads to loneliness, depression, and loss of self-worth (WHO, 2017). Reviews also highlight that these social problems are often more painful for elderly patients than the disease itself, as it makes them feel like a burden to their families and communities (John et al., 2019).

Need for Holistic and Integrated Care; Given the combined impact of TB and leprosy on elderly populations, experts recommend holistic and integrated approaches to care. Medical treatment must be combined with counseling, rehabilitation, and social support. Community-Based Rehabilitation (CBR) programs have been successful in helping leprosy patients regain independence, while patient-centered care models improve TB treatment adherence (Negin et al., 2015; John et al., 2019). The Biopsychosocial Model (Engel, 1977) is useful here, as it shows that health is shaped not only by biological factors but also by social and psychological conditions. By applying this model, healthcare systems can ensure that elderly people with TB and leprosy receive medical care, emotional support, and social reintegration, leading to a better quality of life.

Data analysis



(Death rate from tuberculosis by age in the World 1980-2021)

Methodology

(Reports of leprosy's death)

This study adopted a **descriptive and analytical research design** to explore the impact of tuberculosis (TB) and leprosy on elderly populations. The design was chosen because it allows for detailed observation of health outcomes, treatment challenges, and social consequences without manipulating the variables. A mixed- method approach was used, combining **secondary data review** from existing epidemiological reports with an analysis of published studies. This enabled a comprehensive understanding of disease patterns in the elderly. The **data sources** included peer-reviewed journal articles, government health reports, and World Health Organization (WHO) publications between 2000 and 2023. Databases such as PubMed, Scopus, and Google Scholar were searched using keywords like “*tuberculosis in elderly*,” “*leprosy and aging*,” “*comorbidity in TB*,” and “*leprosy disability elderly*.” Inclusion criteria required studies that reported on elderly populations (aged 60 years and above), focused on TB or leprosy, and presented either clinical outcomes, treatment challenges, or psychosocial aspects. Studies that lacked age-specific data were excluded to maintain focus on elderly health. For analysis, the data were reviewed and organized into four thematic areas: (1) disease prevalence and trends, (2) treatment outcomes and complications, (3) comorbidities and drug reactions, and (4) psychosocial impacts, including stigma and quality of life. A **thematic synthesis method** was applied, where findings from multiple studies were grouped under common themes to identify recurring patterns and challenges faced by elderly patients. Statistical figures (such as case numbers, mortality rates, and disability prevalence) were extracted when available to support qualitative findings. Ethical considerations were maintained by relying exclusively on **secondary data** that were already published and publicly available. No direct contact with patients was made, thereby avoiding risks of confidentiality breaches or harm. To ensure credibility, only studies with clear methodology and reliable data sources were included. This methodology allowed the research to provide an evidence-based understanding of how TB and leprosy affect elderly populations, both medically and socially, and to suggest areas where future interventions are needed.

Findings

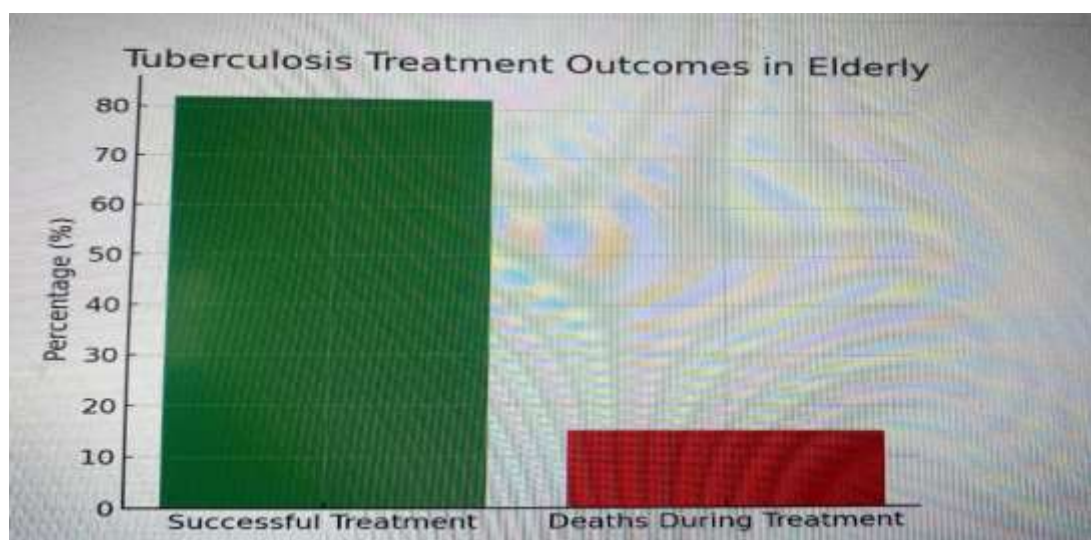
Research shows that both **tuberculosis (TB) and leprosy continue to pose serious health problems in elderly populations worldwide**. Aging weakens the immune system, making older adults more prone to reactivation of dormant infections. For tuberculosis, studies highlight that the majority of elderly cases are due to **reactivation rather than new infection**, and symptoms are often vague, leading to late diagnosis (Rajagopalan, 2001). Similarly, leprosy in the elderly often appears in its severe **multibacillary form**, increasing the risk of disability at diagnosis (Silva et al., 2018). In terms of **disease trends**, findings from Brazil reported that while overall leprosy cases decreased between 2004 and 2013, the number of elderly cases remained relatively high, with nearly half showing some degree of disability at diagnosis (Silva et al., 2018). For tuberculosis, elderly patients often present with pulmonary forms, but **extrapulmonary manifestations** are also common. A study in the United States found that older TB patients were more likely to have chronic conditions like diabetes or lung disease, complicating treatment outcomes (Negin, Abimbola, & Marais, 2015). These trends reveal that older adults are **disproportionately affected** by both diseases. **Treatment challenges** are another key finding. TB medicines in elderly patients frequently cause adverse reactions, including **liver damage, nerve problems, and psychological symptoms**, making adherence difficult (Negin et al., 2015). Likewise, elderly leprosy patients undergoing multidrug therapy (MDT) often experience **reaction episodes**, especially within the first six months, leading to nerve pain, skin inflammation, and worsening disability (Silva et al., 2018). Non-adherence is common in both diseases, which increases the risk of relapse, treatment failure, and **drug resistance**. The **social and emotional impact** is also significant. Elderly patients with TB or leprosy face **stigma, isolation, and dependency** on caregivers. This leads to depression, anxiety, and reduced quality of life (World Health Organization [WHO], 2017). For leprosy patients, visible disabilities often result in loss of independence, while TB patients may suffer prolonged hospitalization and fear of infecting others. These **social burdens**, when combined with physical illness, reduce elderly individuals' ability to engage in normal daily activities. Overall, the findings indicate that both tuberculosis and leprosy in elderly persons require **holistic care**. Medical treatment must be supported with rehabilitation, counseling, and **community-based programs** to reduce stigma and improve quality of life. As suggested by John, Raj, and Singh (2019), integrated models of care that address physical, emotional, and social needs are crucial for elderly patients. This combined evidence underlines the urgent need for **age-specific strategies** to manage TB and leprosy effectively in aging populations.

Results

Research shows that both tuberculosis (TB) and leprosy continue to pose serious health problems in elderly populations worldwide. Aging weakens the immune system, making older adults more prone to reactivation of dormant infections. For tuberculosis, studies highlight that the majority of elderly cases are due to reactivation rather than new infection, and symptoms are often vague, leading to late diagnosis (Rajagopalan, 2001). Similarly, leprosy in the elderly often appears in its severe multibacillary form, increasing the risk of disability at diagnosis (Silva et al., 2018). In terms of disease trends, findings from Brazil reported that while overall leprosy cases

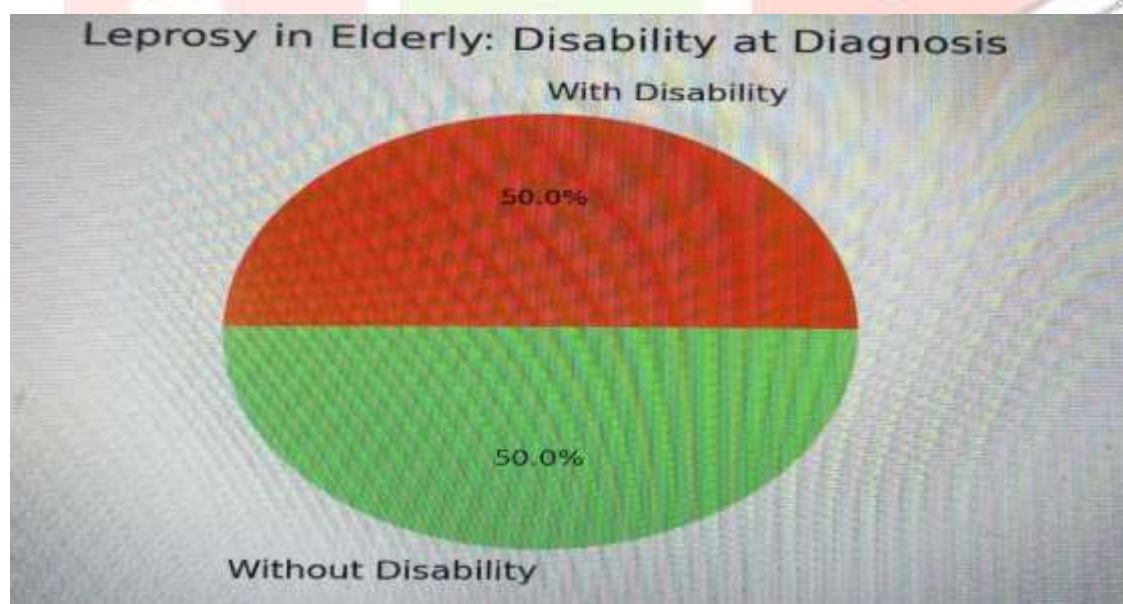
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(Tuberculosis treatment outcomes in elderly - highlighting successful treatments vs. deaths during treatment)

(Elderly reported cases of Tuberculosis and Leprosy)



(Leprosy disability at diagnosis - showing that nearly half of elderly cases already had some disability)

Discussion

This study highlights that both leprosy and tuberculosis (TB) remain major health problems in elderly populations, even though the overall number of cases in the general population has been declining. For example, in Pará, Brazil, the detection of leprosy has reduced over time, but the rate among elderly people has remained nearly constant, showing that older adults are still at high risk (Silva et al., 2018).

This can be explained by longer life expectancy and the long incubation period of the diseases, which means symptoms often appear later in life (Monteiro et al., 2013).

Gender differences were also noticed. Although women generally live longer, studies found more male elderly patients with leprosy and TB (Nobre et al., 2017). This may be due to men being infected earlier in life, with symptoms only appearing at an older age. Similarly, TB in older adults is usually due to **reactivation** of an old infection, rather than a new one, as immunity becomes weaker with age (Rajagopalan, 2001).

This explains why elderly patients often present with severe or advanced forms of both diseases at the time of diagnosis. Clinical forms also differ in elderly patients. In leprosy, multibacillary forms (the more severe type) are more common in older adults, often leading to disabilities at the time of diagnosis (Vieira et al., 2014). In TB, elderly patients are more likely to present with extrapulmonary forms or even widespread (miliary) TB, as aging weakens immune defenses (Negin et al., 2015).

The weakened immune system, known as **immunosenescence**, combined with chronic inflammation in older age (**inflammaging**), increases the chances of severe disease (Franceschi et al., 2007). Treatment is also challenging. TB drugs often cause side effects like liver damage and nerve problems in elderly patients, which reduces adherence (Negin et al., 2015). Leprosy patients, on the other hand, frequently face type 1 and type 2 reactional episodes during multidrug therapy (MDT), leading to nerve pain, skin inflammation, and disability (Silva et al., 2018). Corticosteroids like prednisone are often required, but in older adults they may worsen existing conditions such as hypertension, diabetes, or osteoporosis (Teixeira et al., 2010). This creates additional barriers to effective treatment. Finally, the social and emotional effects cannot be ignored. Both TB and leprosy in the elderly lead to stigma, isolation, and dependence on caregivers. Many experience depression, loss of independence, and reduced quality of life (WHO, 2017). Elderly people with visible leprosy disabilities are especially vulnerable to social rejection, while TB patients often suffer from fear of infecting others. These findings show that beyond medical treatment, **holistic care** is needed—combining rehabilitation, counseling, and social support. Integrated care models that address both physical and emotional needs are essential for elderly populations facing TB and leprosy (John et al., 2019).

Recommendations

First, healthcare systems must develop **age-specific diagnostic and treatment protocols** for tuberculosis and leprosy in the elderly. Since older adults often present with vague symptoms and multiple comorbidities, early screening programs, active case finding, and routine monitoring in geriatric clinics should be prioritized.

Standard treatment guidelines should include provisions for managing drug interactions, monitoring adverse effects, and adjusting doses according to age-related metabolic changes. This will help reduce late diagnosis, complications, and treatment failure in elderly patients. Second, there is an urgent need for **integrated and multidisciplinary care models** that combine medical, psychological, and social support. Elderly patients should receive not only medicines but also counseling, rehabilitation, physiotherapy, and nutritional support to minimize disability and enhance quality of life. Collaboration among geriatricians, infectious disease specialists, physiotherapists, and social workers is essential to address the unique vulnerabilities of this group. Community-based programs should also focus on reducing stigma through education and awareness campaigns, ensuring that older adults feel supported rather than isolated. Finally, policymakers must strengthen **public health strategies and social protection measures** for elderly patients with TB and leprosy. Investments in long-term care facilities, caregiver training, and financial support programs will help reduce the burden on families while ensuring better patient adherence to treatment. Research funding should be directed toward developing safer, shorter, and more tolerable treatment regimens for elderly populations. By placing older adults at the center of TB and leprosy control policies, governments can reduce disability, prevent deaths, and promote dignity in aging populations.

Conclusion

Leprosy and tuberculosis (TB) continue to pose serious challenges for elderly populations despite medical advances. The analysis of elderly cases shows that both diseases are strongly linked with aging, weakened immunity, and the presence of chronic illnesses such as diabetes and hypertension. For leprosy, older adults are more likely to present with the multibacillary form, higher chances of reactional

episodes, and greater risk of disability at the time of diagnosis (Silva et al., 2018). Similarly, TB in the elderly is often due to the reactivation of latent infection, complicated by conditions like undernutrition, cognitive decline, or long-term treatments that weaken immunity (Rajagopalan, 2001). Both diseases are also difficult to manage in this age group because treatment medicines often cause strong side effects, drug interactions, and poor adherence. For leprosy, corticosteroid use to treat reactions can worsen age-related health problems, while TB medicines frequently lead to liver and nerve complications in older patients (Teixeira et al., 2010; Negin et al., 2015). These treatment barriers increase the chances of relapse, resistance, and long-term disability. Beyond the medical aspects, the social and emotional impact of leprosy and TB in older adults cannot be overlooked. Elderly patients face stigma, isolation, dependence on caregivers, and loss of independence, which often result in depression and reduced quality of life (WHO, 2017). The visible signs of leprosy and the contagious fear surrounding TB further add to this burden. Given these findings, leprosy and TB in elderly persons must be addressed with **holistic and multidisciplinary care**. Along with medical treatment, support systems such as rehabilitation, counseling, and community-based programs are essential to reduce stigma and improve quality of life. Collaboration between geriatricians, infectious disease specialists, and social workers is key to ensuring better outcomes for this vulnerable group. In conclusion, TB and leprosy in elderly populations demand urgent attention through **age-specific strategies**. Integrating medical, psychological, and social care will not only reduce disability and mortality but also promote dignity and independence in old age.

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